

CHUKA

UNIVERSITY



UNIVERSITY EXAMINATIONS

EMBU CAMPUS

**EXAMINATION FOR THE AWARD OF DIPLOMA  
IN EARLY CHILDHOOD DEVELOPMENT AND EDUCATION**

**ECDE 0241: HEALTH, NUTRITION AND CARE**

**STREAMS: DIP (ECDE) Y1S2**

**TIME: 2 HOURS**

**DAY/DATE: MONDAY 27/09/2021**

**11.30 A.M. – 1.30 P.M.**

**INSTRUCTIONS**

- Answer question one and any other two
- Do not write on the question paper

**Question one (compulsory)**

1. a) Explain the meaning of the following concepts in the study of health, nutrition and care. (8 marks)
    - i. Mental health
    - ii. Nutrition
    - iii. Health promotion
    - iv. Health
  - b) Highlight six principles of Primary Health Care (PHC) programme. (6 marks)
  - c) Identify six significance of health education in early childhood. (6 marks)
  - d) Explain three factors influencing child's Health. (6 marks)
  - e) Elaborate four causes of anaemia in young children. (4 marks)
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2. a) Discuss five characteristics of a health child. (10 marks)
  - b) examine five maternal harmful practices that an expectant mother should be cautious about during this period. (10 marks)

- c) Identify five ways you can maintain and improve your personal hygiene as well as children. (5 marks)
3. a) Discuss five methods you can use to prevent the spread of diseases within your environment. (10 marks)
- b) Examine five different type of information that an expectant mother is supposed to provide to the medical professionals during her first time of visiting maternal child health clinic. (10 marks)
4. a) Discuss five ways you can ensure children's good mental health. (10 marks)
- b) Justify five reasons why food hygiene is important. (5 marks)
- c) Highlight reasons why nutrition is important to a child. (5 marks)
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